



Full Report (All Nutrients) 09283, Plums, canned, purple, light syrup pack, solids and liquids

Report Date: June 30, 2017 23:56 EDT

Nutrient values and weights are for edible portion

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.71 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25

Refuse:5% Refuse Description: Pits

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 252g	1 plum with liquid 46g
Vitamin C, total ascorbic acid	mg	0.4	--	--	1.0	0.2
Thiamin	mg	0.016	--	--	0.040	0.007
Riboflavin	mg	0.039	--	--	0.098	0.018
Niacin	mg	0.297	--	--	0.748	0.137
Pantothenic acid	mg	0.072	--	--	0.181	0.033
Vitamin B-6	mg	0.027	--	--	0.068	0.012
Folate, total	µg	3	--	--	8	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	3	--	--	8	1
Folate, DFE	µg	3	--	--	8	1
Choline, total	mg	1.3	--	--	3.3	0.6
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	12	--	--	30	6
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	127	--	--	320	58
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	23	--	--	58	11
Vitamin A, IU	IU	231	--	--	582	106
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	49	--	--	123	23
Vitamin E (alpha-tocopherol)	mg	0.18	--	--	0.45	0.08
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	4.3	--	--	10.8	2.0
Lipids						
Fatty acids, total saturated	g	0.008	--	--	0.020	0.004
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 252g	1 plum with liquid 46g
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.007	--	--	0.018	0.003
18:0	g	0.001	--	--	0.003	0.000
Fatty acids, total monounsaturated	g	0.069	--	--	0.174	0.032
16:1 undifferentiated	g	0.001	--	--	0.003	0.000
18:1 undifferentiated	g	0.068	--	--	0.171	0.031
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.023	--	--	0.058	0.011
18:2 undifferentiated	g	0.023	--	--	0.058	0.011
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Threonine	g	0.008	--	--	0.020	0.004
Isoleucine	g	0.007	--	--	0.018	0.003
Leucine	g	0.010	--	--	0.025	0.005
Lysine	g	0.008	--	--	0.020	0.004
Methionine	g	0.003	--	--	0.008	0.001
Cystine	g	0.002	--	--	0.005	0.001
Phenylalanine	g	0.008	--	--	0.020	0.004
Tyrosine	g	0.003	--	--	0.008	0.001
Valine	g	0.009	--	--	0.023	0.004
Arginine	g	0.006	--	--	0.015	0.003
Histidine	g	0.006	--	--	0.015	0.003
Alanine	g	0.014	--	--	0.035	0.006
Aspartic acid	g	0.116	--	--	0.292	0.053
Glutamic acid	g	0.017	--	--	0.043	0.008

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 252g	1 plum with liquid 46g
Glycine	g	0.006	--	--	0.015	0.003
Proline	g	0.016	--	--	0.040	0.007
Serine	g	0.009	--	--	0.023	0.004
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0